Euro Body Shaper

PROFESSIONAL PLUS MODEL

USER'S MANUAL
INSTRUCTION BOOKLET

www.euroshine.com

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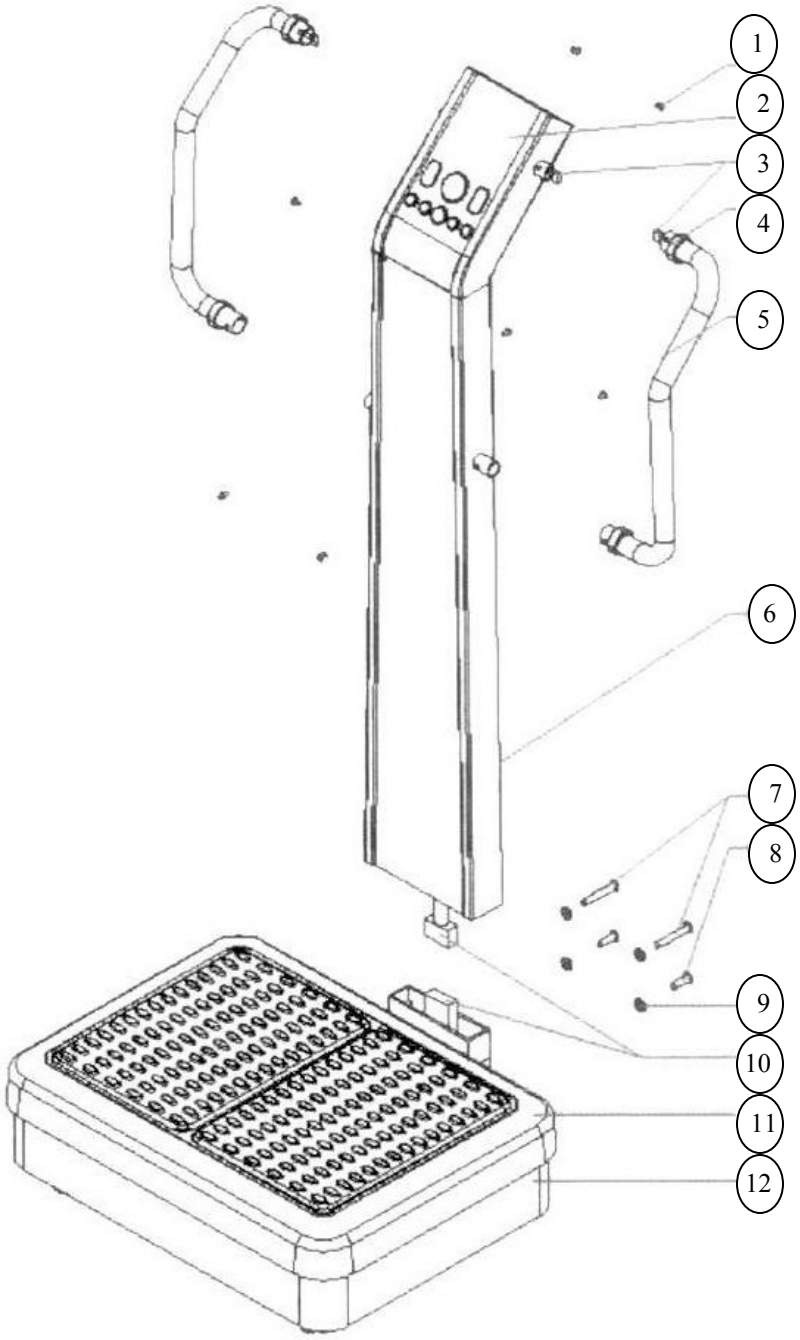
INTRODUCTION

The you for purchasing the Euro Body Shaper Pro Plus. Please read the operation manual thoroughly before you begin operating the machine. This operation manual should be kept available for future reference after you have read it through.

Euroshine reserves the right to alter the design pictures and material color without prior notice. Design, pictures and material color displayed in this manual is solely for illustration purposes only.

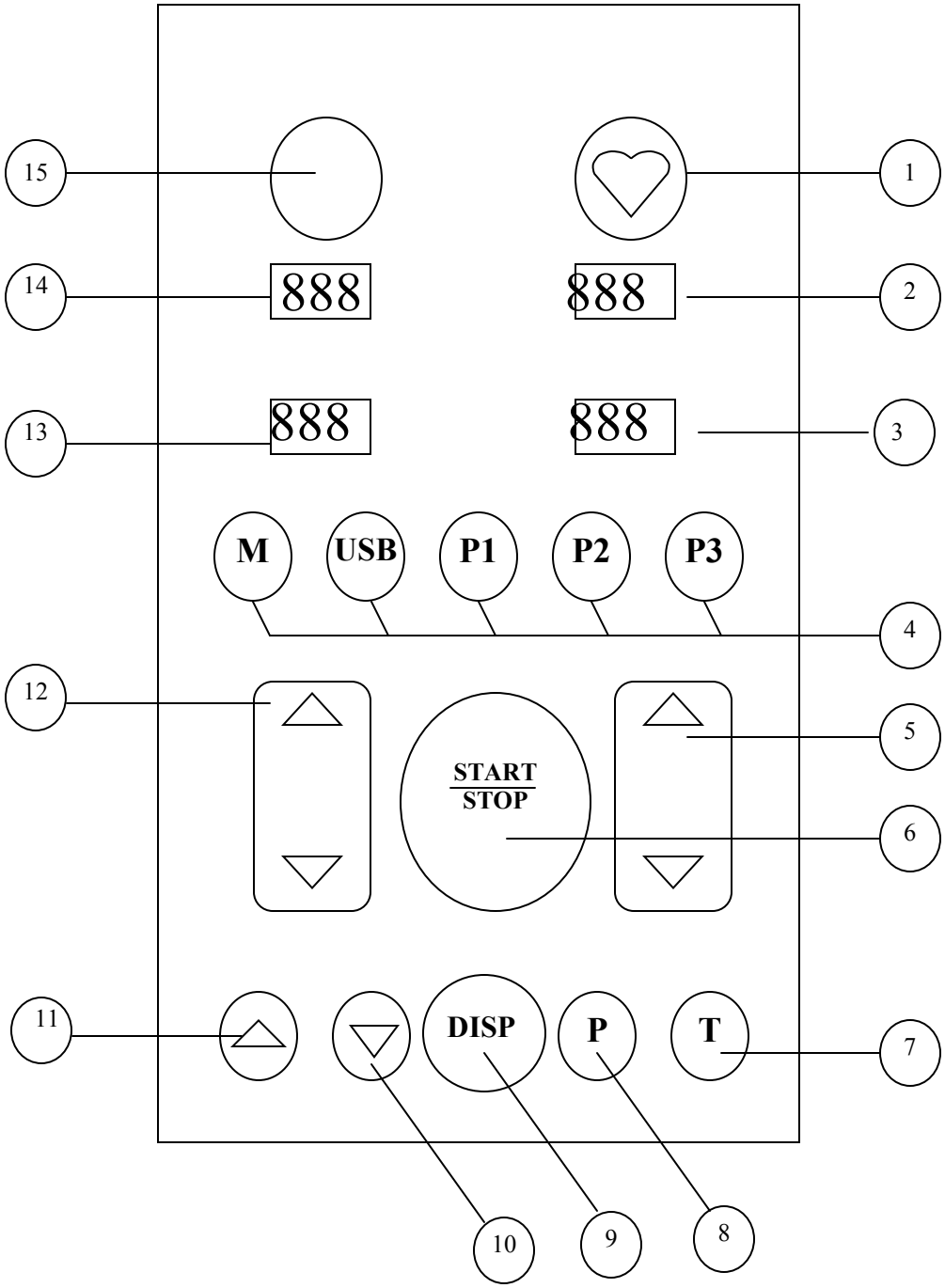
The Euro Body Shaper Pro Plus offers two vibration modes, since there are two motors in the unit. The Euro Body Shaper Pro Plus offers vertical & spiral vibration, as opposed to traditional vibration exercise machines that only offer vertical vibration.

SPECIAL ILLUSTRATION



1. **SCREW (M5X8)**
2. **DISPLAY BOARD**
3. **SIGNAL LINE CONNECTOR (UPPER)**
4. **DECORATION COVER**
5. **HANDRAIL**
6. **STAND POST**
7. **SCREW (M8X55)**
8. **SCREW (M8X20)**
9. **GASKET**
10. **SIGNAL LINE CONNECTOR (LOWER)**
11. **STEPPING BOARD**
12: **BASE COVER**

DISPLAY DIAGRAM



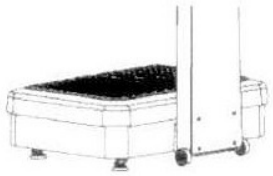
1. HEARTRATE INDICATOR
2. HEARTRATE / MODE DISPLAY
3. SPIRAL SPEED DISPLAY
4. FUNCTION INDICATOR
5. SPIRAL VIBRATION SPEED / TIME ADJUST
6. START / STOP BUTTON
7. TIME BUTTON
8. VIBRATION MODE BUTTON
9. TIME AND VIBRATION MODE CHANGE
10. TIME (-) DECREASE
11. TIME (+) INCREASE
12. SEESAW VIBRATION SPEED / TIME ADJUST
13. SEESAW SPEED DISPLAY
14. TIME / VIBRATION MODE DISPLAY
15. TIME INDICATOR

ASSEMBLY

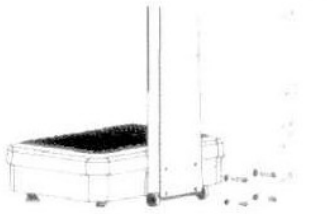
1. **PLACE THE BASE PLATE ON A FLAT FLOOR. WARNING: BASE PLATE IS EXTREMELY HEAVY, PLEASE USE TWO ADULTS TO TAKE THE BASE PLATE OUT OF THE PACKING CARTON.**
2. **CONNECT THE SIGNAL LINES (UPPER & LOWER) IN BASE PLATE AND STAND POST.**

3. **PLEASE BE CAREFUL WHEN CONNECTING THE TWO SIGNAL LINES. ONE PERSON SHOULD HOLD THE POST FIRMLY AND THE OTHER PERSON TO CONNECT THE SIGNAL CABLE CAREFULLY. IT IS STRONGLY ADVISED THAT TWO PEOPLE ASSEMBLE THE MACHINE.**

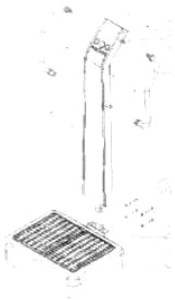
4. **ATTACH THE BASE PLATE AND STAND POST TOGETHER. WHEN ATTACHING THE STAND POST TO THE BASE PLATE, PLEASE BE CAREFUL THAT IT DOES NOT SPLIT THE SIGNAL CABLE. SPLITTING THE SIGNAL CABLE WILL CAUSE THE MACHINE NOT TO WORK.**



5. **LOCK THE STAND POST AND BASE PLATE TOGETHER WITH SCREWS TIGHTLY.**



6. **INSTALL THE HANDRAIL ON THE STAND POST WITH THE SCREWS.**



7. **ADJUST THE HORIZONTAL CUSHION TO SET THE MACHINE STEADY.**

8. **CONNECT THE POWER PLUG.**

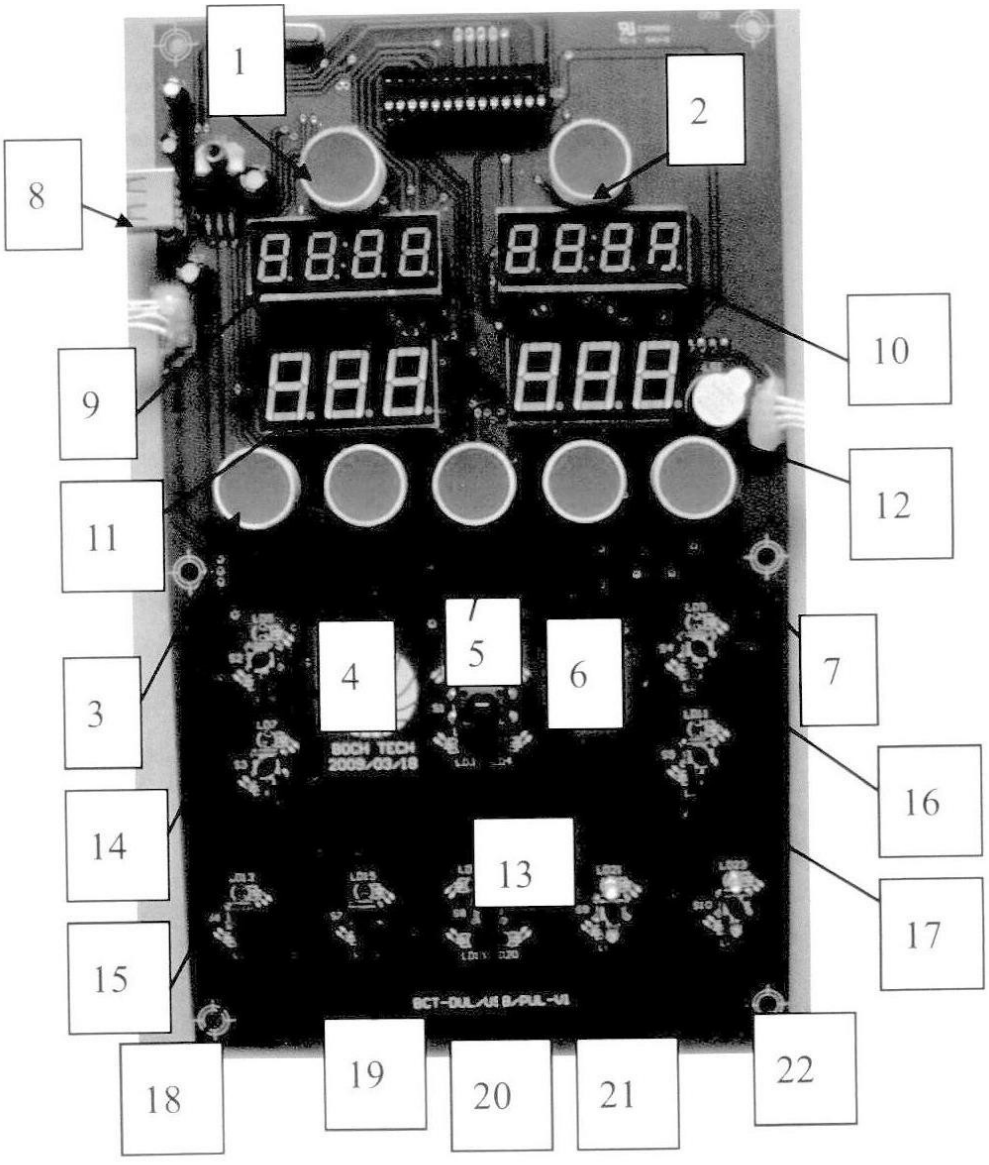
9. **TURN ON THE POWER SWITCH LOCATED AT THE BACKSIDE.**

10. **PRESS THE START BUTTON TO ENSURE**

OPERATION INSTRUCTION

1. INSERT THE POWER PLUG CORRECTLY INTO THE POWER SOCKET OF THE VIBRATION PLATE. CHECK THE VOLTAGE AND SWITCH ON POWER.
2. CHOOSE YOUR DESIRE POSTURE ON THE VIBRATION PLATE AS SHOWN BY THE SKETCH MAPS.
3. PRESS THE START BUTTON TO BEGIN THE PROGRAM. WHEN USING THE AUTOMATIC PROGRAM MODES, THE SPEED CANNOT BE ADJUSTED MANUALLY. THE MACHINE WILL ALTERNATE THE VIBRATION SPEED AT THE BELOW PRESET INTERVALS.
4. IT IS ADVISABLE TO DRINK 500ml OF LUKEWARM WATER BEFORE USE IN ORDER TO ELIMINATE TOXIC WASTES.
5. DO NOT USE MORE THAN 20 MINUTES EACH TIME.
6. PLEASE TAKE A 15-20 MINUTE BREAK BEFORE STARTING ANOTHER SESSION.

CONTROL PANEL IS PICTURED BELOW. FUNCTIONS ARE ON THE NEXT PAGE.



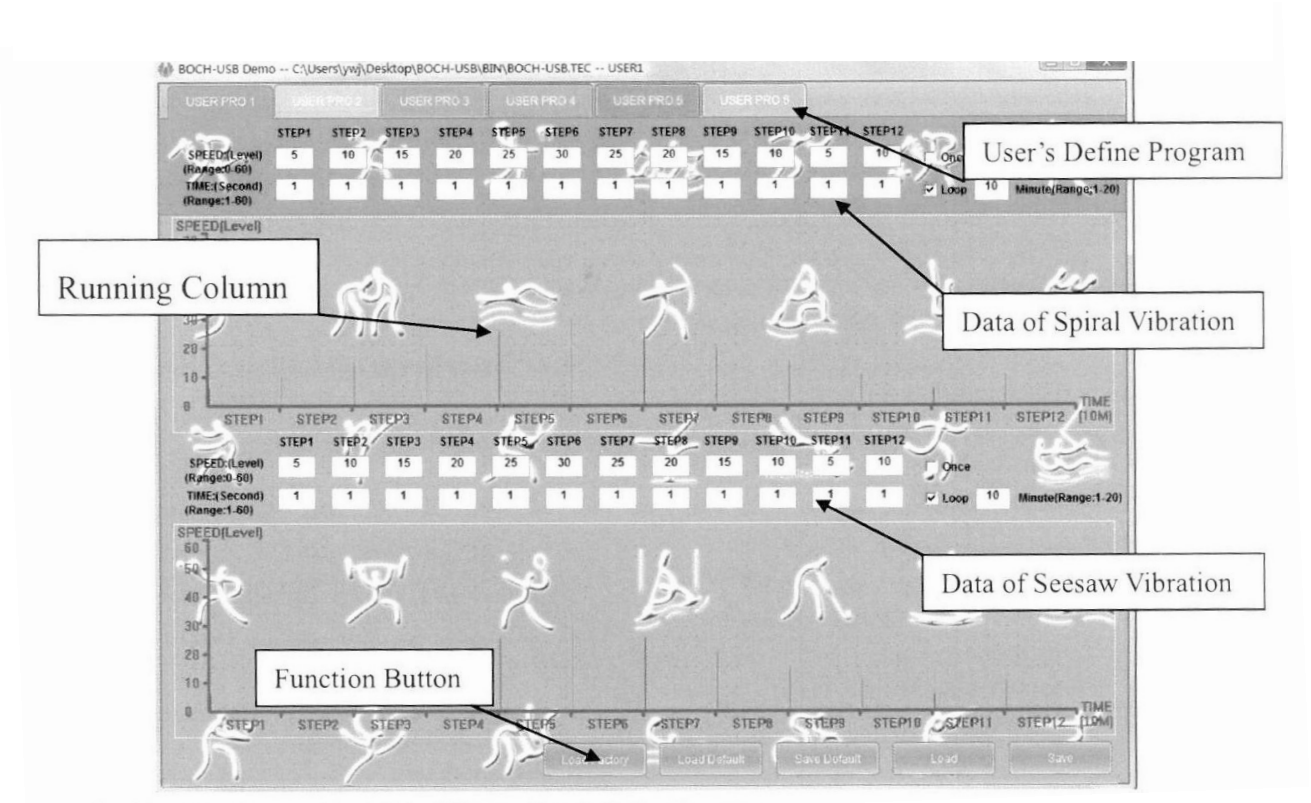
CONTROL PANEL FUNCTIONS (PICTURED ON PREVIOUS PAGE)

1. TIME INDICATOR
2. PULSE INDICATOR. ILLUMINATED WHEN THE MACHINE DETECTS YOUR PULSE.
3. MANUAL MODE INDICATOR. ILLUMINATED WHEN MANUAL MODE IS ON.
4. USB PROGRAM INDICATOR. ILLUMINATED WHEN USB PROGRAM MODE IS ON.
5. AUTO PROGRAM P1 INDICATOR. ILLUMINATED WHEN PROGRAM P1 IN ON.
6. AUTO PROGRAM P2 INDICATOR. ILLUMINATED WHEN PROGRAM P2 IN ON.
7. AUTO PROGRAM P3 INDICATOR. ILLUMINATED WHEN PROGRAM P3 IN ON.
8. USB INTERFACE. USER CAN INSERT USB FLASH DRIVE INCLUDED IN PACKAGING.
9. MODE/SPIRAL VIBRATION/ TIME DISPLAY WINDOW: DISPLAY SPIRAL VIBRATION TIME OR MODE WITH "10" TOGETHER. PRESET TIME IS FROM 0-20 MINUTES.
10. MODE/SEESAW VIBRATION/ TIME DISPLAY WINDOW: DISPLAY SEESAW VIBRATION TIME OR MODE WITH "9" TOGETHER. PRESET TIME IS FROM 0-20 MINUTES.
11. SPIRAL VIBRATION SPEED DISPLAY.
12. SEESAW VIBRATION SPEED DISPLAY.
13. ON/OFF BUTTON/. PRESS THIS BUTTON TO ALTERNATE BETWEEN WORKING MODES.
14. SPIRAL VIBRATION MODE TIME/SPEED "+" BUTTON. INCREASES SPIRAL VIBRATION TIME WHEN DISPLAYING THE TIME MODE. INCREASES SPIRAL VIBRATION SPEED WHEN IN MANUAL MODE.
15. SPIRAL VIBRATION MODE TIME/SPEED "-" BUTTON. DECREASES SPIRAL VIBRATION TIME WHEN DISPLAYING THE TIME MODE. DEREASES SPIRAL VIBRATION SPEED WHEN IN MANUAL MODE.
16. SEESAW VIBRATION MODE / TIME / SPEED "+' BUTTON. INCREASES THE SEESAW VIBRATION TIME WHEN DISPLAYING TIME MODE. INCREASE SEESAW VIBRATION SPEED WHEN ON MANUAL PROGRAM.
17. SPIRAL VIBRATION MODE / TIME / SPEED "-' BUTTON. DECREASES THE SEESAW VIBRATION TIME WHEN DISPLAYING TIME MODE. DECREASE SEESAW VIBRATION SPEED WHEN ON MANUAL PROGRAM.
18. TIME/SPEED "+" BUTTON. INCREASE TWO VIBRATION TIME WHEN DISPLAY TIME MODE. INCREASE TWO VIBRATION SPEED WHEN DISPLAY SPEED MODE.
19. TIME/SPEED "-" BUTTON. DECREASE TWO VIBRATION TIME WHEN DISPLAY TIME MODE. DECREASE TWO VIBRATION SPEED WHEN DISPLAY SPEED MODE.
20. MODE/TIME CHANGE BUTTON . PRESS THIS BUTTON, WINDOWS 9 & 10 WILL DISPLAY MODE. PRESS AGAIN AND WINDOWS 9 & 10 WILL DISPLAY TIME.
21. PROGRAM BUTTON. PRESS THIS BUTTON AND YOU CAN CHANGE PROGRAMS. AUTO PROGRAM (P1, P2, P3) AND MANUAL PROGRAM WITHOUT USB FLASH DRIVE INSERTED. PRESSING THIS BUTTON WILL CHANGE USERS PROGRAM WHILE THE USB FLASH DRIVE IS INSERTED WILL CHANGE THE USERS PROGRAM (U1, U2, U3, U4, U5) .
22. TIME BUTTON. ADJUST VIBRATION TIME WHEN THIE MACHINE IS NOT WORKING IN MANUAL MODE.

USER'S PROGRAM

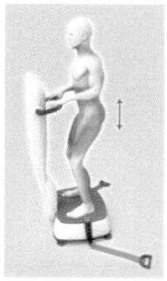
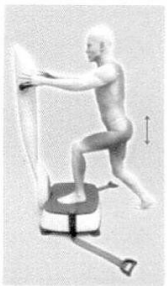
USERS CAN DEFINE THE PROGRAM IN THE PROVIDED USB FLAS DRIVE WHICH IS INCLUDED WITH YOUR MACHINE. BELOW ARE THE OPERATIONAL INSTRUCTIONS:

1. OPEN THE RESET INTERFACE BY DOUBLE CLICKING ON "BOCH-USB-DUL"
2. YOU CAN CHOOSE U1—U6 BY CLICKING USER'S DEFINE PROGRAM.
3. YOU CAN INPUT YOUR PREFERENCES FOR THE SEESAW VIBRATION AND THE SPIRAL VIBRATION SEPARATELY. THE LOWER LINE IS THE TIME LINE AND YOU CAN ADJUST THE TIME BETWEEN 1-60 SECONDS TO CORRESPOND WITH YOUR SPEED. IF THE VALUE IS SET AT 0 IN THE SPEED, THE VIBRATION MODE WILL NOT WORK.
4. WHEN YOU CHOOSE "ONCE" BUTTON AFTER YOUR RESET THE 12 SETS OF DATA, THE CORRESPONDING VIBRATION MODE WILL ONLY BE RUNNING ONCE. (THE WHOLE VIBRATION TIME IS THE AMOUNT OF THE 12 SETS OF DATA). WHEN YOU CHOOSE "LOOP" BUTTON AND FILL RUNNING TIME (1-12 MINUTES). IT WILL RUN FOR SEVERAL TIMES OF THESE 12 SETS OF DATA. THE RUNNING TIME IS THE TIME THAT YOU FILLED BY THE AMOUNT OF 12 SETS DATA.
5. AFTER YOU AMEND THE DATA, YOU WILL SEE THE CHANGE OF RUNNING COLUMN CHANGED. THE HEIGHT OF THE COLUMN INDICATES THE SPEED, THE WIDTH OF THE COLUMN INDICATE THE TIME.
6. FUNCTION BUTTONS ACCESS DATA FILE. "LOAD FACTORY" BUTTON RESUMESFACTORY DATA. "LOAD DEFAULT" BUTTON LOADS THE DATA IN WHICH YOU ENTER AND DISPLAYS IT ON THE WINDOW. SAVE DEFAULT BUTTON SAVES THE DATA AND WILL BE ACTIVE WHICH YOU SET AND DISPLAY ON THE WINDOW. AFTER YOU INSERY USB FLASH DRIVE, THE MACHINE WILL WORK ACCORDING TO THE DATA IN WHICH YOU SET. "SAVE" BUTTON WILL ONLY SAVE DATA BUT WILL NOT ACTIVATE THEM. "LOAD" BUTTON WILL LOAD THE DATA WHICH YOU SAVED AND WILL DISPLAY ON THE WINDOW. THEN PRESS "SAVE DEFAULT" BUTTON TO COMPLETE THE REST OF THE USER'S PROGRAM.



EXERCISE ILLUSTRATION

A/ Strength

	**A01 Squat** Stand on the Vibration Plate with feet shoulder width apart. Keeping the back straight and knees slightly bent. Gently squeeze the leg muscles. You should feel tension in your quadriceps, buttocks and back.
	A02 Deep Squat Stand on the Vibration Plate with feet flat and shoulder width apart. Keeping the knees directly above the feet at a 100 degree angle, gently bend the legs and squeeze the leg muscle. Keeping the back straight, bend the upper body forward. This exercise aims to strength the back, buttocks and legs.
	A03 Wide Stance Squat Stand on the Vibration Plate with legs wide apart and toes turned outward. Keeping the knees directly above the feet at a 100 degree angle, gently bend the legs. You should feel tension in the back, buttocks, quadriceps, and inner thigh area.
	**A04 Lunge** Place one foot in the middle of the vibration plate and step back with other planting it firmly on the ground behind. Keeping the back straight and the knees directly above the toes, squeeze the leg muscle. You should feel tension in the hamstrings, quadriceps and buttocks.
	A05 Calves Standing in the centre of the vibration plate, rise up on to the balls of the feet. Keeping your back straight and abdomen tight, you should begin to feel tension in your calf muscles. To add vibration to the exercise, try bending your knees to 90 degrees.

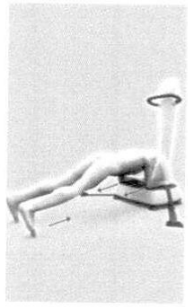
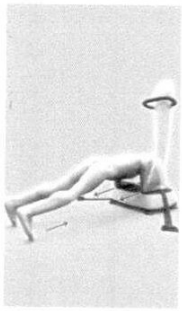
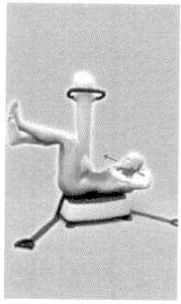
EXERCISE ILLUSTRATION

A/ Strength

	A06 Triceps Dip Facing away from the vibration plate, firmly grip the edge and push upwards. Now bend the arms slightly and lower the hips toward the plate, squeezing the shoulder blade together. You should feel the tension in your upper arms and shoulders. For vibration, repeat the exercise with your legs straight.
	A07 Pectorals Facing to and keeping a proper distance from the vibration plate. Hold the bands put your hands in front of your chest and backwards. You should feel the tension in your pectorals and beck. For vibration, repeat the exercise
	A08 Back Keeping a broad shoulder stand and bend the knees slightly. Your upper body should protrude slightly forward. Keep the shoulders back and pull the band as close to your waist as possible. You should feel the tension in your entire back and shoulder.
	A09 Shoulder Facing to and keeping a proper distance from the vibration plate. Hold the bands lightly and drag them upwards. You should feel tension in your entire shoulder. Change the lengths of the bands according to your height.
	A10 Shoulder Press Position the body in a horizontal line parallel with the vibration plate. Hands should be shoulder width apart, legs and back straight, head raised. Using slow and controlled movement push your slight bend arms toward the vibration plate, then return to the starting position. This exercise is perfect for shoulders and upper arms.

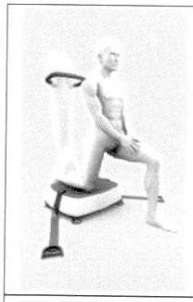
EXERCISE ILLUSTRATION

A/ Strength

	**A11 Lower Abdominals** Brace yourself on your elbows and hold onto the front edge of the vibration plate. Now, with a straight back, pull your buttocks up slowly as if you wanted to pull the plate toward your feet. You should feel tension in your abdominal region. To vary the routine, perform the same exercise from a kneeing position.
	**A12 Standing Abdominals** Stand in the centre of the vibration plate, feet shoulder width apart. Holding the railing at chest height. Keeping the back straight and legs slightly bend, push your upper torso down. Immediately you will begin to feel tension in your abdominal muscles. To vary the exercise simply bend your arms further.
	A13 Lateral Abdominals With one foot directly behind the other, place one elbow on the vibration plate and lean sideway. Keeping your head, torso and legs straight, push your shoulder down and tighten your torso simultaneously. This exercise works the lateral abdomen. To add variation try to push your hips upward at the same time.
	A14 Push Up Kneel in front of the vibration plate, placing hands on the plate shoulder width apart with finger facing inward. With a straight back and strong abdomen, push off the vibration plate platform. This exercise will strength chest, shoulder muscles and triceps. For variation, try to straighten your legs and lifting your knees.
	**A15 Abdominal Crunch** Place a pillow under your back, raise your legs and place your hands under your head for support making sure to keep your elbows parallel with the floor. Crunch your upper body toward your legs and feel the tension in the abdominals. Ensure your buttocks and lower back do not lose contact with the mat. To vary the routine, place your feet on the step.

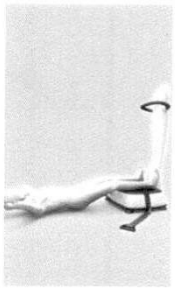
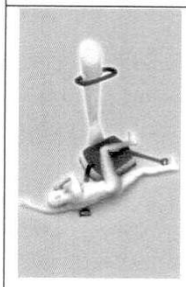
EXERCISE ILLUSTRATION

B/ Stretch

	**B01 Quadriceps Stretch** Place one shin on the vibration plate ensuring the foot remains off the plate. Keeping the upper body and back straight, tense your stomach. By pushing your pelvis forward you will be stretching your quadriceps. Vary this exercise by pulling the rear leg forward.
	B02 Calf Stretch Stand sideways on the vibration plate. With one leg in front of the other and toes facing forward. The front leg should be slightly bent, the rear leg is straight. Push the heel of the rear leg down and you should feel tension in your calves. To vary this exercise, keep your back straight and push your pelvis forward.
	B03 Adductor stretch Stand sideways on the Vibration plate with your feet near the support column. Place the outside foot on the floor close to the plate so legs are apart. Bend the outside leg while keeping the other leg straight. Keeping the upper body straight, lower your buttocks to the floor. This exercise will stretch the insides of your thighs. Repeat on the opposite side.
	B04 Pectoral Stretch Sit with your back to the vibration plate. Now hold the vibration plate behind your back so that your fingers grip the edges. By pushing your shoulders down you will stretch your chest and shoulders. You may also gently pull the straps on either side for optimum results.
	B05 Shoulder Stretch Stand backwards to the vibration plate. Remove a band behind your back and hold one of the bands in seat height. The other hand raises up and put it ton the back of your head. By drag the band, you will stretch your shoulder and neck muscles. To vary this exercise. Change the hands again!

EXERCISE ILLUSTRATION

C/ Massage

	**C01 Calf Massage** Lie in front of the vibration plate with both calves on the vibration plate, toes pointing toward the ceiling. The rest is easy, simply relax and enjoy an invigorating calf massage.
	C02 Upper Arm Massage Lie sideways facing the vibration plate, with legs slightly bent. Ensure the frontal mat extends slightly over the edge. Rest one arm on the vibration plate and relax.
	**C03 Adductor Massage** Lie on your side facing the vibration plate. Slightly bend one leg and rest it on the vibration plate. Making sure your body doest not touch the plate. Now repeat the massage with the other leg.
	C04 Front Tight Massage Position yourself with front of the thighs on the vibration plate. Lean Your feet slightly against the console. Your upper back with your arms on the desk. Do as flat and relaxed abdominals. There is a pleasant massage of the Front thigh.
	C05 Thighs bottom buttocks Massage Lie on a desk and put your Legs and half of Buttocks are on the vibration plate. Put your calf close to the stand post. This exercise will provide a pleasant Loosening on your legs and bottom buttocks. To varying slip with your Buttocks a little after rear.

EXERCISE ILLUSTRATION

D/ Relaxation

	D01 Shoulder and Neck Relaxation Kneel down in front of the vibration plate with your arms outstretched. Keep your back and neck straight. Now pull your upper body back while resting your arms on the plate. This exercise will relax your neck and shoulder area.
	D02 Upper Body Relaxation Sit facing away from the vibration plate with your legs bent. Using your elbows for balance, raise your upper body off the vibration plate. Keeping your neck and back straight, Pull your shoulders back. The vibration will relax your upper body.
	D03 Back Relaxation Sit in the centre of the vibration plate placing the cushion under your buttocks with legs apart. Allow your upper body to relax toward. You should feel a pleasant vibration relaxing on the back, hip, and thigh area.
	D04 Lower Back Relaxation Sit on the floor facing away from the vibration plate with your legs apart. Place the mat between your body and the vibration plate and hold the edges for support. Relax during the vibration, targeted primarily in the lower back. As an alternative, angle your legs and push your body harder against the vibration plate.
	D05 Feet and Legs relaxation Put a chair close to the vibration plate. Sit down on the chair and put your leg in the centre of the base plate. This Exercise improves circulation in your legs and feet. The blood is then more by the legs and feet circulates.

SAFETY

To maintain the operational standard of the Euro Body Shaper Pro Plus, please note the following:

BEFORE OPERATING THE EURO BODY SHAPER PRO PLUS

1. Use the Euro Body Shaper for it's intended use as directed in this user guide.
2. Do not relocate or use force to relocate the product to prevent damages. i.e. wooden floor (may damage wooden flooring).
3. Do not use 30 before or after a meal.
4. Only one person can step on the plate at one time. Failing to do so may cause injury or breakdown of the machine.
5. Hold safety handle correctly before you exercise. It helps you maintain your balance when on the machine.
6. Check the exercise speed level before you operate the Euro Body Shaper and ensure it is under safe speed and at a comfortable level. You risk injury if the speed is set too high.
7. Ensure there is sufficient gap between your feet at the initial stage. Recommended range, your feet should be shoulder width apart.
8. Do not use this machine for other purposes other than exercise.
9. Do not operate or touch the Euro Body Shaper with wet hands. You risk shock if you do so.
10. Do not use any kind of sharp objects while on or near the Euro Body Shaper. Do not insert fingers in the gap of the base plate.

DURING OPERATION OF THE EURO BODY SHAPER PRO PLUS

1. If any discomforts or abnormalities with the Euro Body Shaper arise, stop use immediately and consult a physician.
2. Do not force against the machine. (Risk for injuries and malfunction might occur).
3. When not in use, please turn off the power and unplug the power cord. (Running electricity may present risks for electric shock or fire).
4. Do not exercise more than 10 minutes using the same pose. You may get muscular cramps.

AFTER USING THE EURO BODY SHAPER PRO PLUS

1. Please turn off the power and unplug the power cord after each use.
2. After using the Euro Body Shaper Pro Plus, please rest and drink plenty of water.

Please follow the warnings and cautions said below strictly. This will prevent damage to your Euro Body Shaper and prevent you from harming yourself.

- The Euro Body Shaper is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play on the Euro Body Shaper.
- When using the machine, please comply to the instruction to operate.
- Please make sure that the power plug does not get pressed by the side of the machine.
- Use the power outlet for the machine only.
- Please remove any dust or debris from the power plug with a dry cloth.
- Leave 20cm of gap from the wall when installing the machine.
- Please install the product in solid and horizontal ground.
- After use of the machine, please press the stop button, step down after the machine has completely finished vibrating.
- Please unplug the power plug when the product us not in use.
- Please do not run on top of the machine when the product is in use.
- Elderly persons should have supervision when using the machine.
- No more than one person on the machine at a time.
- Clean the surface of the machine using proper cleaners suitable for the material.
- Please clean and dry the machine before storing the machine for a long period of time.
- Do not unplug the power plug with wet hands.
- Do not use a damaged power cord.